

Claims:

1. A golf mat marked with indicia comprising
at least one sight line,
a foot placement grid comprising a plurality of spaced
5 apart vertical alignment lines,
a first set of spaced apart ball position lines,
wherein the vertical alignment lines are spaced further
apart from one another than said ball position lines are
spaced apart from one another, and
10 a second set of spaced apart ball position lines,
wherein said first set of ball position lines is located
generally opposite from said second set of ball position
lines, and wherein a clear hitting area provides separation
between said first set of ball position lines and said
15 second set of ball position lines.
2. The golf mat of claim 1, further comprising a first set
of parallel line segments separated from a second set of
parallel line segments by said clear hitting area, wherein
20 said first set of parallel line segments and said second
set of parallel line segments are located generally
opposite from one another and cooperate to define a
plurality of sight lines.
- 25 3. The golf mat of claim 3, wherein said plurality of
sight lines is located substantially between said first set
of ball position lines and said second set of ball position
lines.
- 30 4. The golf mat of claim 1, wherein a first ball position
line selected from said first set of ball position lines
corresponds to a second ball position line selected from
said second set of ball position lines, relative to
widthwise spacing of said second ball position line from a
35 selected vertical grid line.

5. The golf mat of claim 1, wherein said foot placement grid further comprises a plurality of spaced apart horizontal lines of which one horizontal line is closest to said clear hitting area, and wherein at least one ball
5 position line of said first set of ball position lines is provided by at least one of said plurality of vertical alignment lines extending past the horizontal line closest to said clear hitting area.

10 6. A golf mat marked with indicia comprising
a foot placement grid having an open look,
a first set of parallel line segments separated from a second set of parallel line segments by a clear hitting area, wherein said first set of parallel line segments and
15 said second set of parallel line segments are located generally opposite from one another and cooperate to define a first plurality of sight lines, and
a plurality of spaced apart, ball position lines.

20 7. The golf mat of claim 6, wherein said plurality of spaced apart, ball position lines is provided by a first set of spaced apart ball position lines and a second set of spaced apart ball position lines, wherein said first set of ball position lines is located generally opposite from said
25 second set of ball position lines, and wherein said clear hitting area provides separation between said first set of ball position lines and said second set of ball position lines.

30 8. The golf mat of claim 6, further comprising a third set of parallel line segments separated from a fourth set of parallel line segments by a second clear hitting area, wherein said third set of parallel line segments and said fourth set of parallel line segments are located generally
35 opposite from one another and cooperate to define a second

plurality of sight lines.

9. The golf mat of claim 6, provided with at least one tee placement aperture.

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10. An instructional golf pattern comprising
at least one sight line,
a foot placement grid comprising a plurality of spaced
apart vertical alignment lines,

10 a first set of spaced apart ball position lines,
wherein the vertical alignment lines are spaced further
apart from one another than said ball position lines are
spaced apart from one another, and
a second set of spaced apart ball position lines,
15 wherein said first set of ball position lines is located
generally opposite from said second set of ball position
lines, and wherein a clear hitting area provides separation
between said first set of ball position lines and said
second set of ball position lines.

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11. The pattern of claim 10, further comprising a first
set of parallel line segments separated from a second set
of parallel line segments by said clear hitting area,
wherein said first set of parallel line segments and said
25 second set of parallel line segments are located generally
opposite from one another and cooperate to define a
plurality of sight lines.

12. The pattern of claim 11, wherein said plurality of
30 sight lines is located substantially between said first set
of ball position lines and said second set of ball position
lines.

13. An instructional golf pattern comprising
35 a foot placement grid having an open look,

a first set of parallel line segments separated from a second set of parallel line segments by a clear hitting area, wherein said first set of parallel line segments and said second set of parallel line segments are located
5 generally opposite from one another and cooperate to define a plurality of sight lines, and
a plurality of spaced apart, ball position lines.

14. The pattern of claim 13, wherein said plurality of
10 spaced apart, ball position lines is provided by a first set of spaced apart ball position lines and a second set of spaced apart ball position lines, wherein said first set of ball position lines is located generally opposite from said second set of ball position lines, and wherein said clear
15 hitting area provides separation between said first set of ball position lines and said second set of ball position lines.